

Cabrillo Recreation Center

3051 Canon Street San Diego, CA 92106

(619) 531-1534

Adult Fitness Class



December

1st - 29th

ActiveNet #104386

January

5th - 25th

ActiveNet #104385

February

2nd - 23rd

ActiveNet #104384

Become part of our fun
Exercise group.
Classes include lowimpact aerobics, cardio
and strength training. It
will help you feel Fit
and Strong!

Time:

10:00am-11:00am

Days: Thursdays

Ages:40+

For more information on Winter programs visit us in person, call

(619) 531-1534 or log on to:

www.SDRecConnect.com

The City of San Diego is committed to providing an equitable and inclusive environment for all individuals. Consistent with these principles and applicable laws, it is the City's policy not to discriminate on the basis of any protected classification, including age, ancestry, color, creed, physical or mental disability, gender, gender identity, gender expression, genetic information, marital status, medical condition, veteran or military status, national origin, pregnancy (including childbirth, breastfeeding, or related medical conditions) race, traits historically associated with race (including hair texture and protective hairstyles such as braids, locks, and twists) religious belief or observance, religious creed, sex stereotypes, sexual orientation, transgender status or transitioning, or any other classification protected by federal, state or local law (including being perceived or regarded as or associated with any protected classification) if anyone believes the have been discriminated against, they me file a complaint alleging the discrimination with either the City of San Diego, Parks and Recreation Department District Manager at (619)235-1130, or the California Department of Fair Employment and Housing (DFEH) at (800) 884-1684. This information is available in alternate formats upon request.